PLANNING TIME OUT

1 Behaviour that might lead to Time Out if agreed rule is broken

2 Where to have Time Out
(you may need more than one place if you have more than one child)

3 How long Time Out will last for each child in the family
(30 seconds–2 minutes; sit still for 1 minute and see how long it feels!)

4 What I can use as a timer

5 What we might do together when Time Out is over